

# Annapolis Senior Center

1027 Bay Ridge Avenue  
Annapolis, MD 21403  
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216  
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING



From The Director, Ed Casey

**February 2004**



**Inclement Weather Policy** - Be sure you are familiar with our Inclement Weather Policy which is located on **Page 7!**

**2004 Trips** – Have you booked your trips for 2004? Be sure to check out our Trip Brochure so you don't miss out! Senior Center membership is **required**. Speaking of membership..... check to be sure you have a current (lavender) membership card. If you do not, please renew your membership as soon as possible.

**“Hot Dogs & Soup”** - Let's ward off some of the February cold with a lunch guaranteed to get you hot (well, at least warm!). On Monday, February 9th, lunch will be **hot** dogs and **hot** chicken noodle soup. **See Page 4 for details!**

**Spring Registration - March 1** - Yes, start thinking about Spring! Registration will begin this day at 8:00 a.m. A complete listing of classes for the Spring Cycle will be available at the Center by February 17th.

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Web Site: [www.aacounty.org/aging](http://www.aacounty.org/aging)

## **Daily Schedule - February 2004**

### **Monday, February 2**

#### **Ceramics Class Trip!**

8:30 Aerobics  
10:00 Ceramics  
10:00 Musical Memories:  
Mainly Blue  
12:00 Lunch  
12:30 Ceramics  
1:30 Opera Appreciation

### **Tuesday, February 3**

8:30 Aerobics....UM  
9:00 Woodcarving  
9:15 Weight Training....UM  
**9:45 Basket Weaving  
Workshop**  
10:00 Computer II Basic.....SC  
12:00 Lunch  
1:00 Adaptive P. E. w/Rita  
1:00 Knitting  
2:30 History: American  
Military Wars Part II

### **Wednesday, February 4**

8:30 Aerobics  
9:30-12:00 Blood Pressure  
& Glucose Monitoring  
10:00 Keep Your Mind Alert  
12:00 Lunch  
12:30 Crafts  
12:45 Open Bridge  
1:00 Adaptive P. E. w/Debby  
1:00 Beg/Interm. Spanish  
3:15 'Touchstones'  
**Please note change of day  
and time!**

#### **Legend**

**UM - Eastport United  
Methodist Church  
SC— Stanton Center  
AC— Annapolis Center**

### **Thursday, February 5**

8:30 Aerobics....UM  
9:15 Weight Training....UM  
9:30 Painting & Drawing  
10:15 Bingo  
10:45 Tai Chi.....UM  
12:00 Lunch  
1:00 Duplicate Bridge  
2:30 Yoga.....UM

### **Friday, February 6**

8:30 Aerobics  
10:00 Computer II Basic.....AC  
**10:00 Walking Club  
Annapolis Mall.  
Lunch at the Mall.  
SIGN UP BY 1/30.**  
12:00 Lunch  
1:00 Art: Watercolor



### **Monday, February 9**

#### **Hot Dog/Soup Day!!**

8:30 Aerobics  
10:00 Ceramics  
10:00 Musical Memories:  
Mainly Blue  
**12:00 Hot Dogs & Soup!  
See Page 4 for details!**  
**12:30 Birthday Celebration**  
12:30 Ceramics  
1:30 Opera Appreciation



### **Tuesday, February 10**

8:30 Aerobics....UM  
9:00 Woodcarving  
9:15 Weight Training....UM  
**9:30 Hearing Screening  
See Page 4 for details!**  
**9:45 Basket Weaving  
Workshop**  
10:00 Computer II Basic.....SC  
12:00 Lunch  
1:00 Adaptive P. E. w/Rita  
1:00 Knitting  
2:30 History: American  
Military Wars Part II

### **Wednesday, February 11**

8:30 Aerobics  
**No Mind Alert today!**  
12:00 Lunch  
12:30 Crafts  
12:45 Open Bridge  
1:00 Adaptive P. E. w/Debby  
1:00 Beg/Interm. Spanish  
3:15 Touchstones

### **Thursday, February 12**

8:30 Aerobics....UM  
9:15 Weight Training....UM  
9:30 Painting & Drawing  
10:00 Bingo  
10:45 Tai Chi.....UM  
12:00 Lunch  
**12:30 Holiday Bazaar Workshop  
See details on Page 4!**  
1:00 Duplicate Bridge  
2:30 Yoga.....UM

#### **Quote.....**

**One kind word can warm  
three winter months.**

**.....Japanese Proverb**

## **Daily Schedule - February 2004**

### **Friday, February 13**

#### **Welcome to the St. Martin's Seniors!**

8:30 Aerobics  
10:00 Computer II Basic.....AC

#### **10:00 A Valentine's Celebration and 'Keep Your Mind Alert'**

**12:00 Lunch**  
**See details on Page 4!**

1:00 Art: Watercolor

#### **Happy Valentine's Day!**



### **Monday, February 16**

#### **CENTER CLOSED**

#### **WASHINGTON'S BIRTHDAY!**

### **Tuesday, February 17**

8:30 Aerobics....UM  
9:00 Woodcarving  
9:15 Weight Training....UM  
**9:45 Basket Weaving  
Workshop**  
10:00 Computer II Basic.....SC  
12:00 Lunch  
1:00 Adaptive P. E. w/Rita  
1:00 Knitting  
2:30 History: American  
Military Wars Part II

### **Wednesday, February 18**

8:30 Aerobics  
9:30-12:00 Blood Pressure  
& Glucose Monitoring  
10:00 Keep Your Mind Alert  
12:00 Lunch  
12:30 Crafts  
12:45 Open Bridge  
1:00 Adaptive P. E. w/Debby  
1:00 Beg/Interm. Spanish  
3:15 'Touchstones'

### **Thursday, February 19**

8:30 Aerobics....UM  
9:15 Weight Training....UM  
9:30 Painting & Drawing  
**10:00 SHOPPING : KMART  
Lunch at Shopping Center.  
SIGN UP REQUIRED BY 2/12.**  
10:00 Bingo  
10:45 Tai Chi.....UM  
12:00 Lunch  
12:45 Advisory Council Meeting  
1:00 Duplicate Bridge  
2:30 Yoga.....UM

### **Friday, February 20**

8:30 Aerobics  
10:00 Computer II Basic.....AC  
**10:00 Walking Club  
Annapolis Mall.  
SIGN UP BY 2/13.**  
12:00 Lunch  
1:00 Art: Watercolor



### **Monday, February 23**

8:30 Aerobics  
10:00 Ceramics  
10:00 Musical Memories:  
Mainly Blue  
12:00 Lunch  
12:30 Ceramics

#### **No Opera Appreciation today!**



### **Tuesday, February 24**

8:30 Aerobics....UM  
9:00 Woodcarving  
9:15 Weight Training....UM  
**9:45 Basket Weaving  
Workshop**  
10:00 Computer II Basic.....SC  
12:00 Lunch  
1:00 Knitting  
2:30 History: American  
Military Wars

#### **No Adaptive P. E. today!**

### **Wednesday, February 25**

8:30 Aerobics  
**10:00 "Eyes on the Prize"  
See details on Page 4!**  
10:00 Keep Your Mind Alert  
12:00 Lunch  
12:30 Crafts  
12:45 Open Bridge  
1:00 Adaptive P. E. w/Debby  
1:00 Beg/Interm. Spanish  
3:15 'Touchstones'

### **Thursday, February 26**

8:30 Aerobics....UM  
9:15 Weight Training....UM  
9:30 Painting & Drawing  
10:00 Bingo  
10:45 Tai Chi.....UM  
12:00 Lunch  
**12:30 Holiday Bazaar Workshop  
See details on Page 4!**  
1:00 Duplicate Bridge  
2:30 Yoga.....UM

### **Friday, February 27**

8:30 Aerobics  
10:00 Computer II Basic.....AC  
10:00 Keep Your Mind Alert  
12:00 Lunch  
1:00 Art: Watercolor

## Program Highlights—February 2004

**Monday**  
**February 9**  
**12:00 pm**

### HOT DOG & SOUP DAY

Join us as we enjoy some delicious hot dogs and chicken noodle soup. This lunch will be in place of our regular Nutrition lunch. There will be no charge. **Registration is required** by **February 7th**. Space is limited, so sign up early. Register at the front desk or call 410/222-1818.

**Tuesday**  
**February 10**  
**9:30 am -**  
**1:00 pm**

### HEARING SCREENING

Mr. Bill Thompson, a certified Hearing Instrument Specialist from American Hearing Centers, will conduct a screening. Bill will also check the ear canal for wax build-up, clean hearing aids and give recommendations.

**By appointment only. PLEASE SIGN UP AT THE RECEPTION DESK.**

**Thursday**  
**February**  
**12 & 26**  
**12:30 pm**

### HOLIDAY BAZAAR WORKSHOP

It's that time again! Our Bazaar Workshops start this month. Volunteers are always needed and very welcome. Join us and bring ideas and suggestions. Evelyn Bacon and Marie Lloyd are the instructors for the workshops.

**Friday**  
**February 13**  
**10:00 am**

### VALENTINE'S DAY CELEBRATION

Join us for Valentine's Day festivities in combination with Keep Your Mind Alert. Guests from the St. Martin's Seniors in Baltimore will be joining us. Plan on staying for lunch! **RESERVATIONS ARE REQUIRED by Wednesday, February 11th.** Please sign up at the reception desk.

**Wednesday**  
**February 25**  
**10:00 am -**  
**12:00 pm**

### EYES ON THE PRIZE

Eyes on the Prize is a critically acclaimed PBS series on America's Civil Rights Years, 1954 - 1965. Join us for Part I, "Awakenings" in honor of Black History Month. **SIGN UP AT THE RECEPTION DESK OR CALL 410/222-1818.**

### MINI - BAZAAR!

*We appreciate everyone's help!*

The overall profit from our Mini - Bazaar is **\$1,174.20!**

Breakdown: \$971.20 Crafts      \$203.00 Raffle

Thank you to **all** the volunteers who helped with this endeavor after we had to cancel our regular bazaar, and to those who assisted with the raffle. A special thanks to Katherine Gomoljaak and Mary Ellen Isaac who came in one day, when activities were cancelled, to assist with moving the items from the classroom and setting up for the Mini Bazaar.



### **Calling All Poets!**

**Do you write your own poetry? If so, would you like to share it with others? Please let us know if your answer to both of these questions is "yes". We would like to set aside an hour or so one afternoon so that those interested can share their writing.**



Annapolis Senior Center

**FEBRUARY IS BLACK HISTORY MONTH**

**BLACK**



**HISTORY**

On Wednesday, February 25th we will be showing a movie in honor of Black History Month. See Program Highlights on Page 4 for details!

**V.I.T.A. - VOLUNTEER INCOME TAX ASSISTANCE**

*Tax season begins at the Annapolis Senior Center in February!*

*Trained tax volunteers will be available at the center from*

*February 2nd until April 9th. They will be available to assist*

*you with "SIMPLE" 2003 Income Tax Returns. The senior*

*center cannot do returns involving partnerships or corporations,*

*self-employed persons or rental properties. APPOINTMENTS ARE REQUIRED.*



**County Wide Art Exhibit**

**Quiet Waters Park**

**February 18, 2004 - March 28, 2004**

County senior citizens are invited to submit two pieces of artwork for this exhibit. All work must have been created within the past three years and must be suitably framed or mounted. Oil painting, watercolor, drawing, colored pencil and photography will be accepted. Entries may be submitted to the Center from February 2nd - 6th. A panel of jurors will decide which artwork will be submitted to the Quiet Waters Gallery.

A Reception to meet the artists will be held at Quiet Waters Park on Sunday, February 22, 2004, from 2:00 p.m. - 4:00 p.m.

Exhibition rules and entry forms are available at senior centers.

## Ongoing Services

**Blood Pressure/Glucose Monitoring** – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

**Information & Assistance** - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4<sup>th</sup> Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

**SHIP (Senior Health Insurance Program)** -Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.** Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance **every other month, on the 4th Friday at 2:30 p.m.** Join us for this valuable informational presentation.

**Dining Out/Shopping Trips** – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

**Walking Club** - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

**Mini Massage** - Mary Ann Roesler, Certified Massage Therapist, gives mini massages at the Center every other month, **by appointment.** The next 'Mini Massage' is scheduled for March. Please check the daily schedule and program highlights in the newsletter for the specific date and time.

**Cards and Games are played daily at the Center. Come and join us!**

### **FEBRUARY Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :**

**This month the Birthdays will be celebrated on Monday, February 9th at 12:30 p.m.....**

Billie Bedford, Gordon Bedford, Norman Boettcher, Alva Bowen, Jr., Maria Brown, Pamela Budesheim, Dorothy K. Callahan, Martha Carson, Ann Chellis, Doris Conley, Alice Cronin, Jeanne Dawson, Jean Dorsey, Minna Duskow, Essie Herman, Helen Howard, Robert Isaac, Lloyd Jones, Carol Kerr, Rosemary Kouroupis, Esther Krolicki, Barbara Madden-Swain, Lois McGovern, Betty Owen, Leslie Rizzo, Marie Saccoccio, Betty Savoy, Michal Simms, A. Rowena Stewart, Noriko Taylor, Robert Thomas, Virginia Trujillo, Dung Vu, Doris P. Wayson, Helen S. White and Stanley Windsor.



**Please Note:** Our Birthday Celebrations are now held on the **second Monday** of the month.

***Do you have an hour or two a week?***

***Have you ever thought of volunteering?***



**St. Luke's Church *is looking for VOLUNTEERS.....***

***to help in their Thrift Shop on Fridays and Saturdays.***

***The shop hours are 10:00 a.m. to 3:00 p.m.***

***but whatever time you can give will be greatly appreciated.***

***Please call Dawn at 410/268-2445 if you would like to help.***



## **Coming in March**



**Free Cell Phone for 911.....March 16th, 10:00 A.M. - 12:00 P.M.**

See the Back Page for details!

**"Early American Roots of Gardening".....A Seminar by Ellen De Caro**

**March 16th, 1:00 P.M.**

Explore 17th Century Gardening Practices, Herbalism, Colonial Foods and Crafts with Ellen De Caro. Listen as she presents her Fragrant Garden Seminar and takes you on a Historic Journey through Colonial Time. Relive our American Heritage and enjoy the History behind the flowers, herbs and fruits we grow in America today. You will also have a chance at winning one of the "Early American Gifts" created for the seminar.

**The seminar is free but registration is required.**

**"55 ALIVE" DRIVER REFRESHER COURSE**

**Monday & Tuesday, March 29th & 30th, 9:30 A.M. - 2:30 P.M.**



A certificate is issued upon completion of this two day A.A.R.P. sponsored class. This driver's training is honored by many Insurance companies for a reduction in premium. The class fee is \$10.00 with checks payable to A.A.R.P.

**Pre-registration is required, and payment must be received by Friday, March 19th.**

**April.....brings the return of "GIRLS NIGHT OUT"**

An evening of fun and information for mature women. This program gives women the tools to take charge of their health and help assure the early detection of breast cancer. **Further details to follow in the March newsletter.**



## **INCLEMENT WEATHER POLICY**

**Listen to your radio or television. The Center will be closed if all Anne Arundel County Government Offices are closed. If Anne Arundel County Schools are closed, all the activities at the Center are cancelled, including lunch and transportation. If schools open late, the Center will also open late. All classes prior to 10:00 a.m. will be cancelled. Classes that begin at 10:00 a.m. or later will be held as scheduled. In the event of early school closure all classes starting at 1:00 p.m. or later will be cancelled.**



## TRIPS 2004

### *Dinner Theater Trips Planned.....*

*"Cats" at Toby's Dinner Theater*

*"Children of Eden" at  
Ford's Theater*

*Wednesday, March 31: CATS*

*Cost: \$48. Deposit: \$20*

*Thursday, April 22: CHILDREN OF EDEN*

*Cost: \$66. Deposit: \$20*

*To sign up for trips you must bring:*

- Your lavender membership card*
- The name & phone number of your emergency contacts*



## Caregiver Support Groups...Could this be for You???

Every Caregiver faces challenges both unique to their own situation and universal to everyone else who is caring for a loved one. The difficulties associated with caregiving may not be fully understood or appreciated by those who have not experienced it for themselves. If you are providing care for a loved one, and feel isolated, frustrated or overwhelmed, a support group might be beneficial to you.

*Hope to see you at one of the following support groups:*

1 <sup>st</sup> Tuesday, 1pm	Eastport United Methodist Church Annapolis
2 <sup>nd</sup> Friday, 1pm	O'Malley Senior Center Odenton
3 <sup>rd</sup> Tuesday, 1pm	Heritage Harbor Respite House Annapolis
3 <sup>rd</sup> Wednesday, 1pm	St. Andrew By the Bay Cape St. Claire

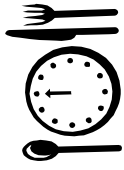
**Beginning on March 1st, at 6pm, a new support group will start at the Brooklyn Park Senior Center. The group will meet on the first Monday of every month.**

For more information call the Department of Aging's Family Caregiver Program 410-222-4464.

*Annapolis Senior Center*



## FEBRUARY 2004 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Those under 60 must pay the \$3.45 cost of the meal. Those 60+ please contribute as much as you can towards the meal. At the very least, reservations must be made by 10 a.m. the day before you want your meal. Please call 410-222-1003. Hours: 9:45am-1:15pm.</b></p>				
2 Grape Juice Mac/Ham/Cheese Kale Biscuit Orange Cookie	3 Potato Soup Knockwurst Baked Beans Sunny Slaw Frankfurter Roll Fruit Cocktail	4 Chicken Veg. Soup Seafood Salad Lettuce/Tomato Spinach Kaiser Roll Stewed Fruit Comp	5 Sliced Pears Baked Ham Au Jus Mashed Sweet Potato Steamed Cabbage Rye Bread Choc. Pudding Cake	 6 Mar. Green Beans Sliced Turkey/Gravy Red Potatoes Broccoli Italian Bread Orange
9 Mar. Cukes. & Tom. Chicken Stew Large Biscuit Tangerine	10 Veg. Barley Soup Turkey Salad Peas Deli Roll Mandarin Orange	11 Lime Gelatin Chicken Tarragon Rotini Winter Blend Veg. Whole Wheat Bread Apple	12 Cabbage Soup Hamburger Patty Hashbrown Potato Lettuce/Tomato Sandwich Roll Sliced Peaches	13 Health Salad Roast Beef/Gravy Mashed Potatoes Herbed Carrots Italian Bread Red Velvet Cake
16 <b>WASHINGTON'S BIRTHDAY</b>  <b>CENTER CLOSED</b>	17 Tossed Salad Beef Stew Corn Bread Tangerine	18 Health Salad Veal Creole Fettuccini Mixed Vegetable Dinner Roll Sliced Pears	19 Fruit Cocktail Sliced Turkey/Gravy Sweet Potatoes Green Beans Pump Bread Brownie	20 Spiced Apples Pork Chop/Gravy Stuffing Kale Biscuit Orange
23 Grape Juice Roast Beef & Gravy Mashed Potatoes Green Beans Whole Wheat Bread Lemon Cake	24 Tossed Salad Stuffed Peppers Marinara Sauce Italian Blend Veg. Italian Bread Banana Cake	25 Lima Bean Soup Tuna Salad Lettuce/Tomato Herbed Carrots Kaiser Roll Sliced Peaches	26 Tossed Salad Chicken a la King Broccoli Large Biscuit Baked Apple	27 Crm of Broc. Soup Chopped Steak/Gray Red Potatoes Mar. Cukes. & Tom. Pump Bread Orange Cookie

Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Helen Timeus	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
Vincent Johnson	Custodial Services
E-Mail Address	annapoliscenter@aacounty.org
Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Officer Joe Hatcher	410-222-0080 (Police Liaison)

**PLEASE NOTE!!**

**Free Cell Phone for 911**

Officer Joe Hatcher from the Anne Arundel County Police Department will be returning to the Annapolis Senior Center, on Tuesday, March 16th, to distribute cell phones for emergency purposes.

Please be sure to sign up if you are interested in obtaining one. **PRE-REGISTRATION IS NECESSARY.** Persons must attend the presentation by Officer Joe prior to receiving their phone. **Please register at the reception desk or by calling 410/222-1818.**



Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.